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Owner's Manual - Total Gym

How to Set Up your Total Gym. For more information on the Total Gym, Total Gym workouts and Total Gym Exercises, go to <http://www.totalgymdirect.com?key=utb>

It's easy – all you have to do is spend 15 to 20 minutes a day, 3 to 4 days per week on your Total Gym to start realizing the benefits. Be sure to read through your Total Gym Owner's Manual carefully. It is the authoritative source of information for your Total Gym.

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from your Total Gym ®. Remove the squat stand (optional) from under the gym (as shown to the right) and install on opposite end into receptacles. STEP 3. Lift gym up from opposite end of squat stand. Make sure that it rests solidly on the squat stand. Remove the two accessories from under the bench. STEP 4. Extend Total Gym ® out in the following manner: 4A.

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TOTAL GYM® ELITE OWNER'S MANUAL SET U 6 Quick release in Spring loaded in Fig. Fig. Take hold of the vertical column and pull it up until it is upright. release the Spring loaded in. you should hear it lock back into place. NOTE pin shown in picture is on right side.) 5 A Next remove plastic packing ties from the top and bottom

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